



The Mitral Valve Prolapse Syndrome/Dysautonomia Survival Guide

Cheryl Durante, James F. Durante, John Furiasse MD

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Mitral Valve Prolapse is a non-life-threatening structural dysfunction of the heart's mitral valve that affects women twice as commonly as men. Some 40 percent of people with MVP also suffer from MVP syndrome, otherwise known as dysautonomia, an imbalance of the autonomic nervous system whose symptoms include panic attacks, anxiety, fatigue, migraines, irritable bowel, and more.

This survival guide reassures anyone who's been told, 'It's all in your head' that what you're going through is real and teaches you that the syndrome can be managed through education, healing, and support. Use this book to learn what MVP and MVP syndrome are, discover how to alleviate symptoms, and explore steps you can take to live with the condition. The authors cover diet, nutrition, and exercise, recommend self-help strategies, and help you become an advocate for yourself with health professionals.

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